

BE STRONG FAMILIES PARENT CAFÉS



Rebekah Children's Services



Rebekah Children's Services

❖ **Our Mission**

We are committed to seeing our community flourish by building pathways to hope, happiness, and well-being.

❖ **Our Vision**

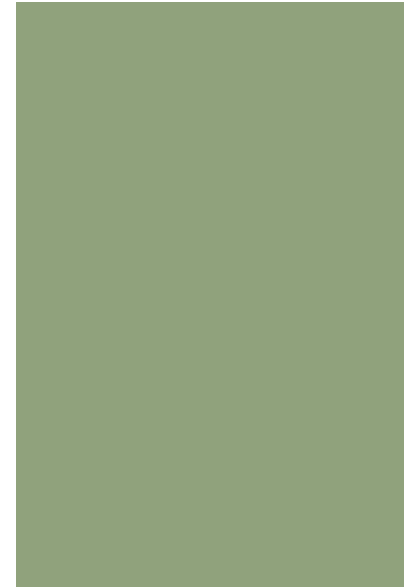
To be the best agency for quality care, education, and employment.



About RCS

Overview of family services

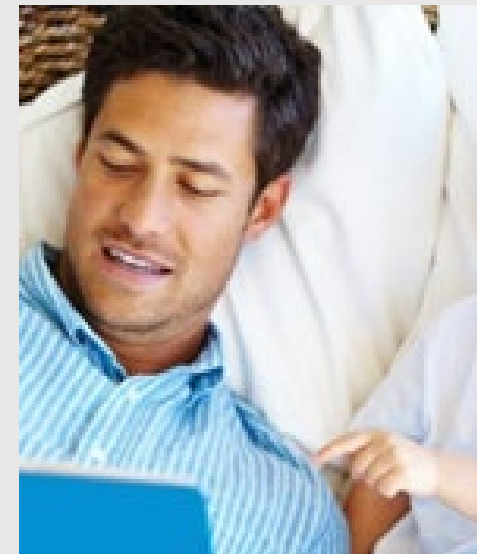
- **Rebekah Children's services**
- Was founded as an orphanage by the California Rebekah and Odd-Fellow organization in 1897. For more than 120 years, the agency has cared for the most vulnerable member of our community.
- Today, RCS is a registered 501©3 non-profit offering a full continuum of culturally-sensitive prevention, education, and family-centered mental health services.



Services at Rebekah children's services:

Overview of family services:

- Adoption and Foster Care
- Wraparound Services
- Outpatient Mental Health
- Short Term Residential Treatment
- Hospital Diversion
- Differential Response
- Therapeutic Behavior Services
- Katie A
- Prevention & Education, and School-Based Mental Health
- Family Resource Center
- Vocational Training



How can parents, clinics, and healthcare providers make referrals?

Eligibility:

- If you are a parent or guardian of a child
- If you want to be part of your child's life
- If you are interested in learning about a child's development
- If you would like to become part of a learning community
- If you are part of the Santa Clara County community

How can parents, clinics, healthcare providers make referrals?

- Call: 408-846-2460
- Email: frc@rcskids.org

Does RCS follow up with those who have referred patients/clients?

- Staff will call if needed



Program Highlight Parent Cafes

Program Highlights on Parent Cafes

- We have delivered 18 Parent Cafes
- 12 in person and 6 via zoom
- We have served more than 50 families in one year.
- We have 8 parent volunteers that help facilitate the Parent Cafes.

What is a Parent Café?

- Parent Cafés are physically and emotionally safe spaces where parents and caregivers talk about the challenges and victories of raising a family.
- Through individual deep self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experiences to help strengthen their families.
- Cafés are structured discussions that use the principles of adult learning and family support.
- They are highly sustainable with training reinforcement, institutional support, and a commitment to an approach that engages and affirms parents as leaders.
- Participants leave Parent Cafés feeling inspired, energized, and excited to put into practice what they've learned.



Parent Cafes

How does it work?

- We create an appropriate Parent Café environment where parents/caregivers are provided a safe place to explore their strengths and challenges.
- Each Parent Café contains the following 8 elements: Welcome; Parent Café Agreements; Introduction to the Theme/Protective Factor; One on one & debrief; Hosted café conversations; Commitment card/letter; Harvesting debrief; & One word and closing, we conduct an evaluation, and we share resources with parents.
- Parents meet for 2. hr.

Parent leader roles:

Café Host

Table Hosts

Why are we doing it?

The goals of the Be Strong Parent Cafés are to build parent leadership, protective factors, strengthen existing relationships among members of a group, facilitate new relationships and cultivate a sense of community. By promoting protective factors, the program supports child safety, permanency, and well being in the family and the larger community.

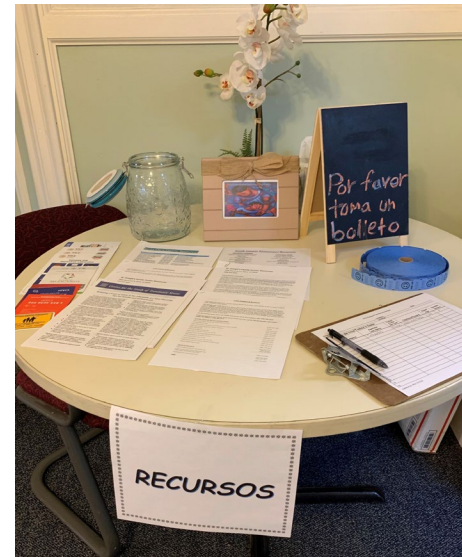


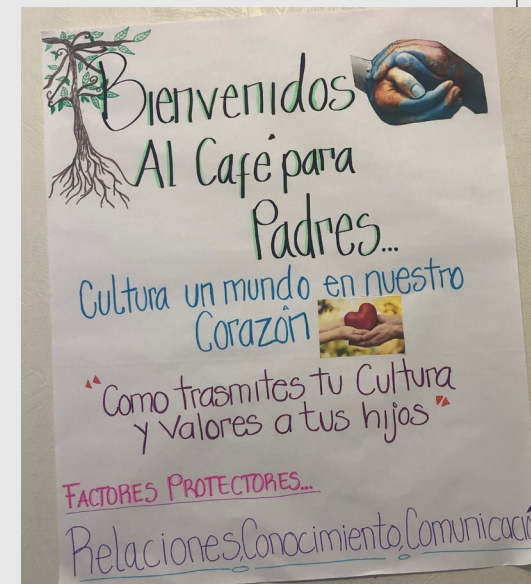
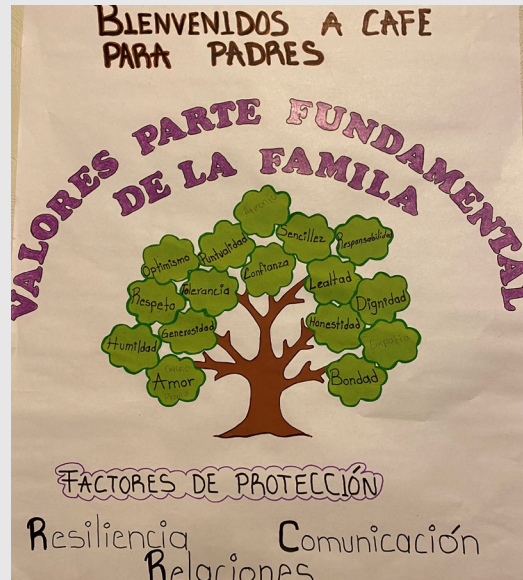
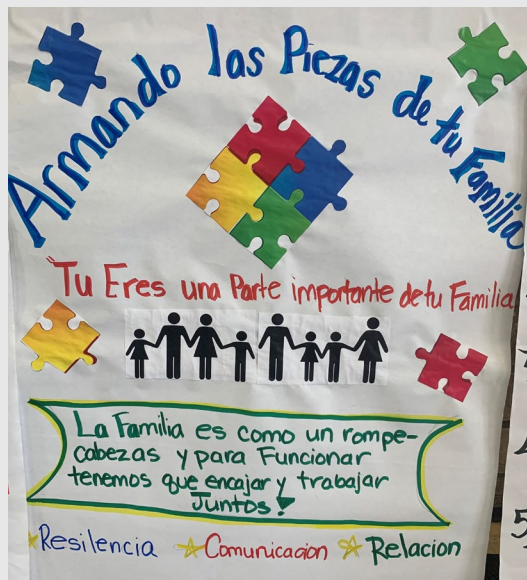
Parent Cafes

- **Community Led:**
 - We have 8 parent volunteers working with RCS staff on the Parent Café
 - We have 2 RCS staff that are in the process of being certified as trainers the trainers and are planning to train volunteers to lead the Parent Cafes
- **Family Strengthening**
 - By building on family strengths, families are better placed to cope with stress, which in turn can lead to a reduced incidence of child abuse and neglect.
 - In a strengths-based intervention approach that focuses on building protective factors, parents themselves can identify and build on their own strengths to help enhance their parenting capacity.
- **Parent to Parent**
 - Through individual deep self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experiences to help strengthen their families.
- **Protective Factors**
 - The Strengthening Families™ Protective Factors that are use in the BSPC are:
 - Resilience: Parent Resilience
 - Relationships: Positive Social Connections
 - Support: Concrete Support in Times of Need
 - Knowledge: Knowledge of Parenting and Child Development
 - Communication: Social and Emotional Competence

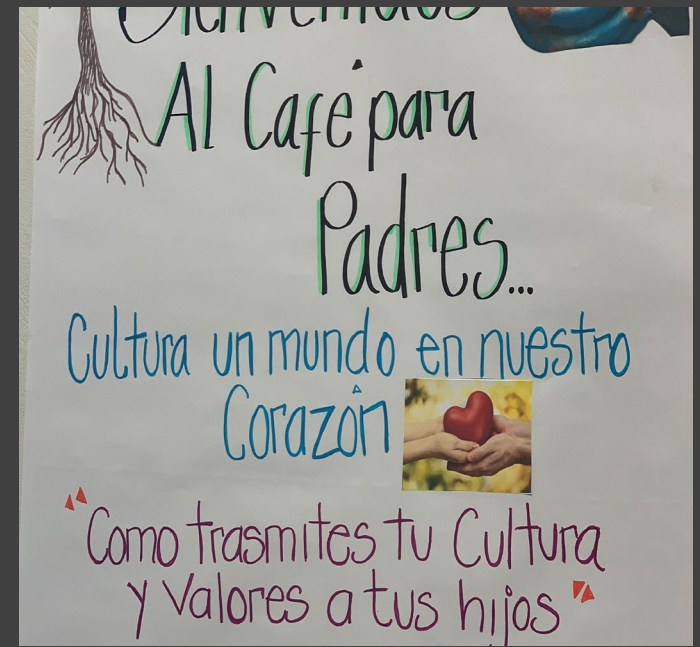


SOME PICTURES





SOME MORE PICTURES



AND MORE PICTURES

Parents' Feedback

- "One thing that I love about the Parent Cafés is that everyone is equal, and you can feel it from the beginning of the cafes. Everybody is learning, and everyone feels comfortable and to be open to share"
 - – Parent Volunteer, Adelante Family Resource Center
- "I love the feeling of community that we all have after attending a parent café" I feel like I have a community that will help me if I ever need it"
 - – Parent Volunteer, Adelante Family Resource Center
- "I learn so much from other parents that live in my community and have very similar life experiences as my Family. We can learn from each other. Everybody is learning, and everyone feels comfortable to open up. "
 - Parent, Adelante Family Resource Center

Our Contact Information

Rebecca Burdett
Chief Operations Officer
Educational Services
408-846-2117
rburdett@rcskids.org

Alejandra Arreola
Educational Services
Program Manager
408-846-2158
aarreola@rcskids.org

Daysi Quijada
Program Manager
Educational Services
408-846-2143
dquijada@rcskids.org

Nora Cabrera
Community Worker
Educational Services
408-846-2146
ncabrera@rcskids.org

Damaris Gomez
Community Worker
Educational Services
408-846-2171
dgomez@rcskids.org

